## PIMPLES COVERED 52 DAYS TO BABY'S HEAD

Became One Scale Which Was Awful to Look At. Burning and Itching All the Time. Began on Body.

### **HEALED BY CUTICURA** SOAP AND OINTMENT

"Baby was five days old when I first noticed that her head was covered with red pimples. The ball of her head became one scale which was awful to look at. She cried and lay awake trying to get at it,



for six weeks before I used the Cuticura Soap and Ointment and her body and head were disfigured with scales. In a few days my baby was well all over." (Signed) Mrs. R. E. Blgelow, R. F. D. No. 2, Shelburne Harbor, Vt., July 1, 1918.

Sample Each Free by Mail With 32-p. Skin Book on request. Adfress post-card "Cuticura, Dept. T, Bos-ton." Sold throughout the world.

#### Strange Charm of the Desert.

A playa is a shallow, flat-floored depression characteristic of valleys having no regular drainage to the sea, in which storm waters collect and evaporate a wet and dry lake. It may be a shallow lake or a salt-incrusted mud flat.

In his description of the prehistoric Lake Lahontan, in the Great Basin, the late I. C. Russell of the United States geological survey, writes:

"The scenery on the larger playas is peculiar and is usually desolate in the floor, with an unbroken sky line before him and not an object in sight to cast rages, which may be seen every day on these heated deserts, give strange fanciful forms to the mountains and some-times transgure them beyond recognition. A pack train crossing the desert a few miles distant may appear like saloniki, and her officers and crew over strange earavan of grotesque beasts fording a shallow lake, the shores and ealls for help. The voyagers assert-of which advance as one rides away. The ed that the chief officer and three deck monotony of midday on the desert is officers went over the captain's head and thus broken by clusive forms that are in face of his refusal to ask for aid sent ever changing and suggest a thousand out an "S. O. S." call on Dec. 28, during fancies which divert the attention from the height of the second storm. This the fatigues of the journey. The cool was the first voyage of Captain Goulanthe fatigues of the journey. The cool evenings and mornings in these arid reevenings and mornings in these arid re-gions, when the purple shadows of dis-baying been navigating officer of the tant mountains are thrown across the Patris. plain, have a charm that is unknown beneath more humid skies, and the pro found stillness of the night in these solitudes is always impressive."-U. S. geological survey.

#### EVEN CROSS, SICK CHILDREN LOVE SYRUP OF FIGS

Don't scold your fretful, peevish child. See if tongue is coated; this is a sure sign its little stomach, liver and bowels are clogged with sour waste.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach ache. indigestion, diarrhea, give a teaspoonful "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" clean and sweet

Keep it handy, mother! A little given to-day saves a sick child to-morrow, but get the genuine. Ask your druggist for a on and not in him, the amateur veteri-50-cent bottle of "California Syrup of nary will do well to heed the following was a few years ago, children of all ages and for grown-ups mals, which is printed in the current is plainly on the bottle. Remember there sue of Farm and Fireside: are counterfeits sold here, so surely look and see that yours is made by the "Cali- to sheep, cattle, horses, or swine, a pracfornia Fig Syrup Company." Hand back tical and simple form of drenching tube

Pork Loin, per lb14c
Ham Shoulder, western, lb 13c
Round Steak, western, 1b18c
Loin or Rump, per lb 25c
Fresh Shoulder, Ib16c
Fresh Ham th 18e

## Big Bargains at N. Murry's Store

Bird's-Eye Matches, box, only 3c tional. Here it is: Campbell's Baked Beans, per can, only ..... Se

Western Fresh Eggs, doz ... . 27c Bargains on Dried Beef, per jar, from ........ 15c to 30c

Remember the place

N. Murry

# CROSS OCEAN

Much of the Time Thessa loniki's Passengers Suffered Deprivation

REACHED NEW YORK PORT ON FRIDAY

For Two Weeks They Had Been Without Meat-Had Little Water

New York, Jan. 8.—Haggard and worn after 52 days at sea, the passengers of the Greek liner Thessaloniki, many of them destitute their all probably lost with the abandoned ship-were landed yesterday in Brooklyn by their rescuer, the Patris, sister ship of the vessel that for nearly a month was a football for the waves.

There were 177 passengers and two stewards from the Thessaloniki on board the Patris. Of this number 25 were women and about 20 were children. Many of the latter were in bad condition from exposure and lack of proper food, and the whole company showed the effects of their privations and the terrible buffeting they had received from wind

For two weeks the ship's company was without meat. During the heavy gales extreme but is not without its charm, of the last two weeks no cooked food In crossing these wastes the traveler was served, the passengers being forced may ride for miles over a perfectly level to subsist on raw food and things that had already been prepared. The supply of drinking water ran low and tiny ala shadow on the ocean-like expanse. Mi- lowances were doled out during the last terrific storms before the passengers

were rescued by the Patris. According to the passengers, an insurrection broke out between Captain John Goulandis, commander of the Thessending out wireless messages of distress

#### Insurrection on Board.

William Williams of 363 West 42d his discharge papers indicating that he had served a term of enlistment with the 2d United States cavalry, declared that the insurrection took on almost the proportions of a mutiny. He was returning to this country on the Thesa-loniki after visiting relatives in Greece, local trade, and the increase in number of machines in use and the increase in number of machines in use and the increase in number of machines in use and the spienald institution by which I had worked local trade, and the colliery consumption.

A blackening for stoves which has been used for years and found invalude at 79,100,000 tons, as against 81. The country with a given number of machines in use.

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A blackening for stoves which has been used to be made the colliery consumption.

A blackening of a muting the colliery consumption of a muting the colliery consumption.

A blackening of a muting the colliery consumption of a muting the colliery consumption. the 2d United States cavalry, declared on Dec. 28 the officers went on the bridge

"The captain flatly refused, saying Nicolas Orloff and three deck officers charged to them. then went to the wireless room, wrote

### How to Dose Animals.

After thrusting a struggling porker into a barrel and pouring his medicine

"When fluid medicine is to be given with contempt any other fig syrup.—Adv can be made by taking a piece of rub-ber tubing one-half inch in diameter and about three or four feet long. Affix a tin funnel to one end of the tube and piece of iron or brass tubing four to

six inches long at the other end. "When drenching, insert the metal tube into the animal's mouth back as for as the metal tube will reach, then elevate the funnel end and allow the drenching medicine to slowly pass into taken not to raise the animal's head too high-just high enough to allow the medicine to gradually flow back to the

back part of the mouth. "The medicine can be checked if flowng too fast by pinching the rubber tube, "In most cases it is better to drench the arimal while standing, and in the case of sheep, if the medicine is given in beating constantly; then add five table wanted positions and jobs, almost no a standing position, the gasolene remedy or similar worm remedies will pass directly to the fourth stomach, whereas

### An Unusual Recipe,

In the January Woman's Home Companion is a recipe by Cora Farmer Per-kine, in charge of the cooking school formerly directed by the late Fannie Merritt Farmer by the late Fannie

"Date Bread-Mix one cupful of warm wheat mush, one-fourth cupful of brown sugar, one-half teaspoonful of salt, and one tablespoonful of butter; then add one-fourth yeast cake, broken in pieces and dissolved in one-fourth cupful lukewarm water, and two and one-fourth trits and let it penetrate through exery upfuls of bread floor (once sifted.) Toss on a slightly floured board and knead. healing the inflamed, swollen nincous Return to mixing bowl, and let rise overnight. In the morning cut down and add two-thirds cupfuls of dates stoned are open, your head is clear, no more and cut in pieces, and two-thirds cup-ful of chopped English walnut meats. ful of chopped English walnut meats. headache, dryness or struggling for Branew Notice the Prof. oglin Shape into a loaf, put in buttered bread breath. Ely's Cream Balm is just what Magook at the dance last night? pan, cover, and again let rise. Bake in sufferers from head colds and catarrh a moderate over lifty minutes."

# **FACE COVERED** WITH PIMPLES

But Miss Ayres Got a 'Beautiful Com-plexion' at a Cost of Only \$2.00

Nov. 23, 1914:—"All my life my face was covered completely with a mass of pimples, blackheads and blotches. I spent a lot of money on numerous remedies and treatments without success and no relief at all. I tried so many things relief at all. I tried so many things that I was afraid my case could not be cured. Resinol Ointment and Resinol Soap seemed to do me good right from the first. I used two jars of Resinol Ointment and some Resinol Soap, the total cost being only \$2.00, and this completely cured my case. My skin is without a blemish and I am the possessor of a beautiful complexion." (Signed) Mabell Ayres, Stone Mountain, Va.

Every druggist sells Resinol Soap

Every druggist sells Resinol Soap and Resinol Ointment, and physicians have prescribed them for twenty years in the treatment of eczema and other tormenting skin troubles.

#### AUTOMOBILE FATALITIES.

Number of Machines in Use Increasing Much Faster Than Deaths.

Is the deadliness of the automobile

of automobiles in use in the United

res compiled by the National Automobile Chamber of Commerce of New York mental distress.

City, from state registration reports, due "The result of it all was that at last I

had risen to 1,270,000; and a year later, at the end of 1914, it was 1,750,000.

In the meantime the number of deaths due to automobile accidents and injuries increased from 632 in the death registration walking about in the streets and parks.

In the meantime the number of deaths where I could rest.

"I wandered rather aimlessly from place to place, sleeping a great deal and walking about in the streets and parks.

SLIGHT COAL DECREASE

During the Year 1915 as Compared with walking about in the streets and parks. in 1913, then containing 65 per cent of "When finally I reached New Orleans, 2.488 to 2.795.

that a five-year increase of 775 per cent mother might be critically ill. and demanded that Captain Goulandis in number of machines has been accomsend out an 'S. O. S.' call for help, as- panied by an increase of 258 per centserting that the ship was in a perilous from 1.2 to 4.3 per 100,000 population-

out the distress message, and sent it is undoubtedly to be found in a reducto be able to go home sooner. "Why did the captain stand for it! tion in average annual mileage per ma-He couldn't help it. He was up against chine; but, after due weight is given much I regret having caused suffering day is being driven with more care and ence. more regard for public safety than it

### The Growing Use of Fruit in Diet.

In the January Woman's Home Companion Cora Farmer Perkins, in charge was conducted by the late Fannie Merritt Farmer, writes:
"There is no article of diet that has

increased in use during the last few icans realized how completely dependent

"Mock Macaroons-In the Jan one egg until stiff and add one-fourth in their history. fine granulated sugar gradually, while

of vanifla. Drop from tip of spoon, one the medicine is given when the sheep and one-half inclus apart on a buttered Barre, Vt. be less effective."

and one-half inclus apart on a softered tin sheet. Bake in a slow oven from 12 to 15 minutes."

#### STOP CATARRH! OPEN NOSTRILS AND HEAD

freely because of a cold or catarrh, just get a small bottle of Eyl's Cream Balm at any drug store. Apply a little of this conbrane, and you get instant relief.

Ah! how good it feels. Your nostrils hawking, snuffling, blawing; no more

need. It's a delight .- Adv.

#### MURPHY EXPLAINS HIS DISAPPEARANCE

Former Bank Official in Rutland Describes How He Was Worn Out by Overwork -He Is Now U-der Care of a Physician in Augusta, Ga.

Rutland, Jan. 8,-Dr. John J. Derven of Poultney, brother-in-law of John J Murphy, who mysteriously disappeared from this city Nov. 26 and was found later in New Orleans, La., where Dr. Derven went to meet him, returned yesterday. He brought back with him a signed statement from Mr. Murphy, in which the young man explains that exhaustion from overwork and mental depression was the cause of his unusual

Mr. Murphy's letter follows:

"In view of the fact that my absence has been given considerable publicity and has caused so much public concern on account of my business connections, I feel it my duty to publish this explanation.

"Up to the time when I organized the Rutland Hotel association and the remodeling of the Hotel Bardwell was begun, I had been in my usual bealth and had taken exercise regularly. After-ward however, when the inclination came to exercise there always seemed to be some task which should have precedence

"The result, as I see it now, was that

This question seems to be answered in very conclusive manner by the bureau that it seemed impossible for me to concentrate my attention on any of my duties and of the census, in making public some the slightest tasks or obstacles seemed preliminary mortality statistics for the insurmountable. I came at last to fear year 1914, which indicate that during the that my mind was failing, as I found it hard to remember. Having always been more or less conscientious about giving my best efforts to my business, I came States increased more than twice as to feel that, in justice to them, I must rapidly as the number of fatalities resign all my business connections. This, too, seemed impossible in a way, as none At the close of 1909, according to fig- would understand why a man who appeared strong physically could be in such

allowance being made for duplicate registrations, the number of automobiles in myself and simply wished for one thing; use in the United States was approxi- namely, to get away from every thought mately 200,000; by the close of 1913 it and association with which I was fa-

tration area in 1909, containing 56 per cent of the population of the United States, to 2,623 in the same area in but did not read the newspapers, and 1914; and the increase from 1913 to 1914. for the registration area as constituted home and had no inclination to do so.

the population of the country, was from the plentiful rest which I had been hav-Thus a five-year increase of 775 per of this beautiful city which I had so cent-accepting as reliable the figures greatly admired when I visited it two compiled by the National Automobile years ago, aroused anew the spark of Chamber of Commerce—in number of interest in life, of hope for the future machines has been accompanied by an and restored my perspective and sense increase of 315 per cent in automobile of proportion so that at last I came fatalities; and a one-year increase of 38 fully to realize, to my great distress, per cent in number of machines has been the suffering my unexplained absence accompanied by air increase of 12 per must have caused my dear mother, my relatives and business associates and the

"Dr. Derven wired back that he was coming to New Orleans. I met him and on the advice of specialists we journeyed in the death rate resulting from auto- to Ashville, N. C., and then to Augusta, mobile fatalities. Similarly, a one-year Ga., where we now are. I am under the that in his opinion the vessel was not in increase of 38 per cent in number of care of a specialist here, a professor in danger of sinking. At that time the automobiles has taken place along with the Georgia university medical school engine room was flooded and the Thes- an increase of only 10 per cent-from and have a room next to his. I am saloniki was leaking badly. Chief Officer 3.9 to 4.3 per 100,000 in the death rate taking systematic exercise and rest and am rapidly regaining my normal mental One cause of this proportional decrease and physical vigor. The doctor thinks I in the destructiveness of the automobile should remain here a month, but I hope

this factor, and a suitable margin is al- to those who have been so kind to me lowed for possible error resulting from and so interested in my welfare, and I inaccuracy in the estimated portion of trust that it may be my privilege to the automobile statistics, the figures still make it up to them and to all those appear to furnish ample justification for who have so steadfastly believed in me the conclusion that the automobile to- in what has been a most bitter experi-

#### If War Continues Long Where Will We Get Our Labor?

Ray Baker in an article called "The of the famous school of cookery that Great Conscription" discusses a vital economic problem that we very soon have to solve: "Before the war," he says, "few Amer-

years so rapidly as fruit. When fresh upon European labor the nation had befruits are expensive and difficult to ob- come. Chinese and Japanese, the best tain, dried fruits may well take their workers in the world, had been sternly place. Among the dried fruits, dates, excluded through the hostility of the figs and prunes hold a conspicuous place. Pacifis states; and at the same time They combine so admirably with many the negroes, once a main source of uningredients that the housekeeper finds killed labor, were by virtue of educathem of inestimable value in a great cation and industry becoming land ownvariety of dishes, covering a wide range ers and, in rapidly increasing numbers, in cookery. Some recipes follow that their own employers. Just at the mo are always a valuable addition to the di- ment, therefore, when boundless prosperity and business aggrandizement seemed within their grasp, the Americans were Mock Macaroons-"Heat the white of compelled to face the most serious crisis

"Thus it happened that, while many spoonfuls of fine wheat preparation educated American wanted to perform (breakfast food) and one tablespoonful any ding of physical labor, Even skilled workmen thought they must each have Italian or other foreign helpers to do the more disagreeable parts of the work, store the landscape of late Tertiary

them; dishes went newashed, beds un-rhinoceroses remained abundant in the great steel mills for lack of men carnivora. broke down."

Branew-Notice the Prof, ogling Miss Yeurolde- A highbrow appreciation low neck, eh!-Panther.

# Going Out of Business Sale

Jewelry, Silverware, Cut Glass, Pictures and Art Needlework

Our entire stock of merchandise will be closed out at DECIDEDLY MARKED DOWN PRICES

## Regardless of Cost

before Saturday Night, January 22

This sale begins Monday Morning, Jan. 10, 1916.

· Miss M. L. Walker, Jewelry Miss W. E. Rowell, Art Embroidery

Estimates prepared by the anthracite bureau of information at Wilkes-Barre indicate that the production of anthracite coal in Pennsylvania in 1915 will show a decrease, as compared with 1914. with estimates for December, indicate a out raising dust. total for the year of about 66,382,000

to the fact that in spite of repeated warnings that a scarcity of fuel would extent as formerly, and the retailers vent rusting. have been equally laggard in placing their orders. In no year since 1901, when the spring and summer discounts were

the retail dealers. siderable apprehension of a fuel famine bleach and dry. among dealers and consumers, and should storage yards are near the mines and can scarcely be considered more available as a source of fuel than the mines ly.

themselves. The shipments from January to November, 1915, plus an estimate for December, reported by the anthracite bu-

tend of unfordimeton, are no t	PARTICION D.
	Long tons
January	4,734,535
February	4,275,107
March	4,275,107
April	
May	5,797.961
June	. 5,316,109
July	4,034,200
August	5,330,831
September	
October	6,505,892
November	6,297,215
December	6,200,000
Total	. 60,382,218

#### Tigers and Rhinoceroses in Nebraska, Could the travelor in Nebraska re-

so that it became nearly impossible in time, he would find himself surrounded certain cities to hire a plumber, painter, by scenes greatly different from those become dull, her hair will lose its lus-or artisan without also hiring his help- of the present. The swampy lowlands tre. She may not be actually ill, but were covered with segetation similar to she will be suffering from that fatal and dominant in that plarase by and "When, therefore, the supply of unthat now growing in moist climates far-"stagnation" which erceps into every with the consent of the members of the skilled labor in America began to be ther south. Camels and llamas were sharply inndequate the crisis became abundant, and during the Pliocene epoch The hard, dirty, dangerous jobs great ground sloths and glyptodonts, suddenly assumed new importance and whose relatives now live in South Amerlignity. Garbage accumulated in the ica, inhabited western Nebraska. Masto city streets until the atmosphere was done with tusks on both the upper and noisome. Gas mains broke, and there lower jaws, much like those of the Miowas no one to dig ditches and repair cene epoch, still persisted. Short-legged made, food uncooked; machinery stopped there was a great variety of wolf-like of enough hardihood and ignorance to true cats, some of them considerably work the longest hours at the most dan-larger than the modern tigers, were also air passage of your head, seething and gerous labor for the lowest pay. It was abundant. Three-legged horses were the point at which American civilization still numerous, but the modern genu Equus was not among them. One of the most curious animals of the time in Kansas and Nebraska was a gropher-like rodent that had two large horns on its nose. Its enormous claws indicate gos burrowing powers and its horns also may have been used in digging. Over-land guidebook, bulletin 612, U. S. G. S.

### Topics of the Home and Household.

To clean threads from a carpet after of about 2,000,000 long tons. The month- sewing, dampen a whisk broom and ly shipments reported by the bureau, brush around where the threads are. The broom will quickly pick them up with- the process called "touching the toes.

tons, as compared with 68,342,601 tons in Placing a watch under a tumbler near with your heels and knees together. 1914. These figures do not include the the bed of a sick person will give him Raise your arms above your head as shipments over the Lehigh & New Eng. relief from the ticking, which is often high as possible, and then swing them land railroad, nor any of the output very trying to sensitive nerves. If there downward, keeping the thumbs together from Sullivan county. If to the total liness may be felt, but if a watch is your toes. The knees must be kept Perhaps a more reliable comparison, unjust suspicion which might be directed from the statistician's point of view, can toward the splendid institution by which are added these shipments, the sales to bed, the ticking is almost inaudible.

You may find, when you first try

SYRUP OF FIGS

"All the officers and crew of the Thessaloniki, with the exception of the chief in a given near a state of the maximum production of anthracite, saloniki, with the exception of the chief in a given near and two seamen, were arrayed engineer and two seamen, were arrayed against Captain Goulandis," said Willers and two seamen, were arrayed against Captain Goulandis," said Williams. "In the midst of the second storm parison is made on this basis, it appears that a five-year increase of 775 per cent on the goological survey.

"All the officers and crew of the Thessaloniki, with the exception of the chief in a given number of machines in use in this country.

"I immediately wired my brother-ing kerosene oil and turpentine with a good findly your fingers will rest on the maximum production of anthracite, knowing that, of all the family, be which was reached in 1913, the production of anthracite, knowing that, of all the family, be with a given number of machines in use in a given near and two seamen, were arrayed against Captain Goulandis," said Williams. "In the midst of the second storm on Dec. 28 the officers went on the bridge on Dec. 28 the officers and crew of the Thessaloniki, with the exception of the chief, in a given number of machines in use in this country.

"I immediately wired my brother-ing kerosene oil and turpentine with a good find turpentine with a good for the maximum production of anthracite, know production of the time find turpentine with a good for the maximum production of the time f be likely to occur in the winter of 1915 off, as every thing else that was ever the consumers have not laid in their tried does. An application of this pol- or a chair back with your left hand (do winter supply in advance to the same ish before putting stoves away will pre-

### Washing Silk Stockings.

White silk stockings have a most anput into effect, has so little advantage noying habit of acquiring a yellowish been taken of the opportunity to pur- tinge after two or three washings, and chase coal at reduced rates during dis- this is usually due to their being washed of the storage yards has been taxed to them in warm, but not hot water. Rinse the utmost to take care of the surplus in three waters—this is very imporoutput which should have been in the tant, for the least bit of soap remaining cellars of consumers or in the yards of will yellow the silk-and blue the last bring the hands forward until they touch rinsing water just a trifle. Then hang the toes. Then move slowly back again, At the close of the year there, is con- the stockings in the sun and wind to This exercise may be repeated six times,

Never touch them with a hot iron, to be of use, among dealers and consumers, and should any serious interruptions to traffic occur the operators may have some difficulty in relieving the famine, as their culty in relieving the famine, as their lings to seek with black or colored silk health giver. stockings, for the dye is very apt to correctly are naturally unhealthy, Deep run out and streak the white hose buil-White cotton stockings, now considered better taste with sport shoes than If you want to take a really good silk hoisery, may be washed in the same breath just throw back your shoulders

Keeping in Good Health.

"Keeping fit" is a serious problem that puzzles many workers occupied indoors and at sitting-down professions, for if exercise of all kinds is neglected ill health follows rapidly and really it is easy to drift into a state of laziness where "keeping fit" is concerned. A girl does not feel inclined to go home and too tired and no one blames her for wanting rest.

If she continues day after day, neglecting muscles which need development Her cheeks will grow pale, her eyes will She may not be actually ill, but ; unfit" system.

ers should urge tired bodies and brains cellent majesty.

day's work. No, indeed—that is a fa-tally unwise proceeding. Besides, a few minutes devoted to healthful exercise, the first thing in the morning, is equal to an hour later in the day. Can't you steal ten minutes or so from your allotted dressing time and spend them in

keeping fit and saving doctor's bills? Here are some exercises that may be performed in bedroom each morningwithout corsets:

As a fine, all-round invigorator try Take off your shoes (or wear flat-soled bedroom slippers) and stand upright, is no timepiece near, a sense of lone- all the time, until the finger tips touch

You may find, when you first try touching," that your fingers will not A blackening for stoves which has nearly reach your toes. Probably not, but when you have practiced it, severe

the decrease in production in 1915 is due have a bright, shining stove for months, them in, toward the chest, and swing Even on air tight heaters, which often them back as far as possible. In time become red hot, this polish will not burn the fingers should meet, back to back. Hold on to the bottom of the bed

not lean on the support thus offered,) and raise your right leg straight in front of you, from the hip, keeping the knee straight and pointing the toes as they leave the ground. Repeat this eight times; then raise the leg sideways instead of forward, and again repeat the movement eight times. Change the arm on the bed rail or chair, and make the count months. The production at the mines, however, has been maintained at a rate hardly warranted by the condition of the market, and the capacity of borax has been dropped; then wash Now lie flat on the floor, with the heels together, toes turned up, and arms stretched back behind the head. Raise

> and must be done carefully and slowly Apart from the exercises deep breathing, correctly practiced, is an invaluable

the body slowly, from the waist and

breathing must be taught, as it is quite an art. manner, but the cotton stocking looks and breathe through half closed lips. best if pressed with a hot iron so that This mere fact of throwing back the the fuzzy map in the weave is laid per- shoulders causes the lungs to fill of their own accord. Try the exercises described; breathe properly, and get as much fresh

> Democratic Wording of Acts in Parliament.

air as you can-that is the way to "keep

Dorothy Dexter.

In the January Woman's Home Companion Laura Spencer Portor says:
"The wording of the acts of Parliment to-day shows practically the exact same indulge in violent gymmastics. She is determination to rule by representative government as existed in the old, purely Saxon days:

"'Be it enacted,' the parlimentary law reads. "by the king's most excellent and use, says a contributor to the Irish majesty, by and with advice and con-World, she will suffer in the long run, sent of the lords spiritual and temporal and common, in this present Par-

liament assembled "There is something even more roval two Houses of Parliament, than would It is not suggested that weary work- seem to lie, even, in 'the king's most ex-

